Celebrating Winter Holidays

Accessible version: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/winter.html#consider-other-activities



Everyone Can Make New Year's Celebrations Safer

Wear a mask

- Wear your mask over your nose and mouth.
- In cold weather, wear your mask under your scarf, ski mask, or balaclava.

Stay at least 6 feet apart

- Stay 6 feet away from others who do not live with you.
- People without symptoms can still spread COVID-19.

Avoid crowds and poorly ventilated indoor spaces

- Avoid indoors spaces as much as possible, especially ones that aren't well ventilated.
- If indoors, open windows and doors.

Wash your hands often

• Use soap and water or hand sanitizer containing at least 60% alcohol.

Get a flu shot as soon as possible

• By getting a flu shot, you can also help lower hospital visits and serious health problems from flu.





Attending or Hosting a New Year's Celebration

If you host or attend a small gathering, take steps to make celebrating the New Year safer. Follow these steps to make your gathering, whether you are hosting or attending, safer.

- · Make sure the gathering is small.
- Keep the celebration outside if possible.
- · Wear masks, except while eating and drinking.
- Clean and disinfect frequently touched surfaces and items between use.
- Have everyone use their own food, drinks, plates, cups, and utensils.
- Avoid shouting and singing.
- Use single-use options, like condiment packets.



Travel – Consider postponing travel and staying home this year

Travel increases your chance of getting and spreading COVID-19. If you do travel

- Check travel restrictions before you go.
- Get your flu shot before you travel.
- Always wear a mask in public settings and on public transportation.
- Stay at least 6 feet apart from anyone who does not live with you.
- Consider getting a viral test 1-3 days before your trip, as well as 3-5 days afterward.
- Consider reducing non-essential activities for 7 days (if you have a negative test result or 10 days. (without testing).





Consider Other Activities for New Year's Celebrations

Accessible version: https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/holidays/winter.html#consider-other-activities



The safest way to celebrate is at home with people who live with you.



Have virtual celebrations with loved ones

- Attend a virtual concert or performance.
- Plan a virtual countdown to midnight with friends.



Plan a New Year's party for the people who live with you

- · Decorate, play music, and have a dance party with the people who live with you.
- Have a pajama party and watch your favorite movies or play games.



Reach out to family, friends, and neighbors

- Call friends and family to count down to the new year together.
- Plan a neighborhood countdown to midnight. Everyone can stand in front of their houses and cheer at midnight.



Other ideas

- · Watch a livestreamed firework display, concert, First Night event, or other New Year's programming from your home.
- Plan an outdoor activity with people you live with such as a hike or sledding.
- Set new year's resolutions. Find out if your hometown is sponsoring a special social media event and share your resolutions.



cdc.gov/coronavirus

When Vaccine is Limited, Who Gets Vaccinated First?

Updated Dec. 23, 2020

Because the supply of COVID-19 vaccine in the United States is expected to be limited at first, CDC is providing recommendations to federal, state, and local governments about who should be vaccinated first. CDC's recommendations are based on recommendations from the Advisory Committee on Immunization Practices (ACIP), an independent panel of medical and public health experts.

The recommendations were made with these goals in mind:

- Decrease death and serious disease as much as possible.
- Preserve functioning of society.
- Reduce the extra burden COVID-19 is having on people already facing disparities.

Healthcare personnel and residents of long-term care facilities should be offered the first doses of COVID-19 vaccines (Phase 1a)

CDC recommends that initial supplies of COVID-19 vaccine be allocated to healthcare personnel and long-term care facility residents. This is referred to as Phase 1a. CDC <u>made this</u> recommendation on December 3, 2020.

Healthcare Personnel

Learn more about why it's important that healthcare personnel get vaccinated and who is included.

Healthcare Personnel

Long-term Care Facility Residents

Learn more about why it's important that residents of long-term care facilities get vaccinated and who is included.

Long-term Care Facility Residents

Groups who should be offered vaccination next (Phases 1b and 1c)

CDC recommends that, in the next phases (Phase 1b and Phase 1c), vaccination should be offered to people in the following groups. CDC made <u>this</u> recommendation on December 22, 2020.

Phase 1b

- Frontline essential workers such as fire fighters, police officers, corrections officers, food and agricultural workers, United States Postal Service workers, manufacturing workers, grocery store workers, public transit workers, and those who work in the educational sector (teachers, support staff, and daycare workers.)
- People aged 75 years and older because they are at high risk of hospitalization, illness, and death from COVID-19. People aged 75 years and older who are also residents of long-term care facilities should be offered vaccination in Phase 1a.

Phase 1c

- **People aged 65—74 years** because they are at high risk of hospitalization, illness, and death from COVID-19. People aged 65—74 years who are also residents of long-term care facilities should be offered vaccination in Phase 1a.
- People aged 16—64 years with underlying medical conditions which increase the risk of serious, life-threatening complications from COVID-19.
- Other essential workers, such as people who work in transportation and logistics, food service, housing construction and finance, information technology, communications, energy, law, media, public safety, and public health.

As vaccine availability increases, vaccination recommendations will expand to include more groups. The goal is for everyone to be able to easily get a COVID-19 vaccination as soon as large quantities of vaccine are available. As vaccine supply increases but remains limited, ACIP will expand the groups recommended for vaccination.

Different COVID-19 Vaccines

Updated Dec. 20, 2020

Vaccine Types

Understanding How COVID-19 Vaccines Work

This web page explains how the body fights infection and how COVID-19 vaccines protect people by producing immunity. It also describes the different types of COVID-19 vaccines that currently are available or are undergoing large-scale (Phase 3) clinical trials in the United States.

Understanding COVID-19 mRNA Vaccines

This fact sheet provides information about mRNA vaccines generally and about COVID-19 vaccines that use this new technology specifically.

Authorized and Recommended Vaccines

As COVID-19 vaccines are authorized and then recommended for use in the United States, it will be important to understand what is known about each vaccine. CDC will provide information on who is and is not recommended to receive each vaccine and what to expect after vaccination, as well as ingredients, safety, and effectiveness.

Currently, two vaccines are authorized and recommended to prevent COVID-19:

- Pfizer-BioNTech COVID-19 vaccine
- Moderna's COVID-19 vaccine

Vaccines in Phase 3 Clinical Trials

As of November 24, 2020, large-scale (Phase 3) clinical trials are in progress or being planned for two COVID-19 vaccines in the United States:

- AstraZeneca's COVID-19 vaccine
- Janssen's COVID-19 vaccine

Learn more about U.S. COVID-19 vaccine clinical trials, including vaccines in earlier stages of development, by visiting <u>clinicaltrials.govexternal icon</u>. This page will be updated as additional information is available.

Last Updated Dec. 20, 2020

Content source: National Center for Immunization and Respiratory Diseases

(NCIRD), Division of Viral Diseases

Information about the Pfizer-BioNTech COVID-19 Vaccine

Updated Dec. 22, 2020

General information

Name: BNT162b2

Manufacturer: Pfizer, Inc., and BioNTech

Type of vaccine: mRNA

Learn more about <u>how COVID-19 vaccines work</u> and get a better <u>understanding</u> of COVID-19 mRNA <u>vaccines</u>.

Number of shots: 2 shots, 21 days apart

How given: Shot in the muscle of the upper arm

Does not contain:

- Eggs
- Preservatives
- Latex

For a full list of ingredients, see Pfizer's COVID-19 Vaccine Fact Sheet for Recipients and Caregiversexternal icon

Who should get vaccinated

 The Pfizer-BioNTech vaccine is recommended for people aged 16 years and older. Learn more about how CDC is making COVID-19 vaccine recommendations and who should be vaccinated first when supplies are limited.

Who should not get vaccinated

 If you have had a severe allergic reaction—also known as anaphylaxis—to any ingredient in the Pfizer-BioNTech vaccine, you should not get vaccinated.* Learn more about <u>COVID-19 vaccines and rare severe allergic</u> reactions.

*If you have had a severe allergic reaction to other vaccines or injectable therapies, ask your doctor if you should get the Pfizer-BioNTech vaccine. Your doctor will help you decide if it is safe for you to get the Pfizer-BioNTech vaccine.

Side effects and safety information

Most common side effects

In the arm where you got the shot:

- Chills
- Chilis
- TirednessHeadache

- Pain
- Swelling
- Redness

These side effects usually start within a day or two of getting the vaccine. They might feel like flu symptoms and might even affect your ability to do daily activities, but they should go away in a few days. <u>Get tips on what to expect after getting vaccinated.</u>

Summary of safety data

- <u>In clinical trials</u>, reactogenicity symptoms (side effects that happen within 7 days of getting vaccinated) were common but were mostly mild to moderate.
- Side effects (such as fever, chills, tiredness, and headache) throughout the body were more common after the second dose of the vaccine.

Throughou

- Most side effects were mild to moderate. However, a small number of people had severe side effects—defined as side effects affecting a person's ability to do daily activities.
- Although few people in the clinical trials went to the hospital or died, data suggest that people who got the Pfizer-BioNTech vaccine were less likely to have these more serious outcomes compared to people who got the saline placebo.
- CDC will continue to provide updates as we learn more about the safety of the Pfizer-BioNTech vaccine in real-world conditions. <u>Learn more about vaccine safety monitoring after a vaccine is authorized or approved for use.</u>

Learn more about safety and reactogenicity data from the clinical trials.

Information on how well the vaccine works

- Based on evidence from clinical trials, the Pfizer-BioNTech vaccine was 95% effective at preventing laboratory-confirmed COVID-19 illness in people without evidence of previous infection.
- CDC will continue to provide updates as we learn more about how well the Pfizer-BioNTech vaccine works in real-world conditions.

Last Updated Dec. 22, 2020

Content source: <u>National Center for Immunization and Respiratory Diseases</u> (NCIRD), <u>Division of Viral Diseases</u>

Information about the Moderna COVID-19 Vaccine

Updated Dec. 23, 2020

General information

Name: mRNA-1273

Manufacturer: ModernaTX, Inc.

Type of vaccine: mRNA

Learn more about <u>how COVID-19 vaccines work</u> and get a better <u>understanding of COVID-19</u> mRNA vaccines.

Number of shots: 2 shots, one month (28 days) apart

How given: Shot in the muscle of the upper arm

Does not contain:

- Eggs
- Preservatives
- Latex

For a full list of ingredients, see Moderna's COVID-19 Vaccine Fact Sheet for Recipients and Caregiversexternal icon.

Who should get vaccinated

 The Moderna vaccine is recommended for people aged 18 years and older. Learn more about <u>how CDC</u> is <u>making COVID-19 vaccine recommendations</u> and <u>who should be</u> vaccinated first when supplies are limited.

Who should not get vaccinated

• If you have had a severe allergic reaction—also known as anaphylaxis—to any ingredient in the Moderna vaccine, you should not get vaccinated.* Learn more about COVID-19 vaccines and rare severe allergic reactions.

*If you have had a severe allergic reaction to other vaccines or injectable therapies, ask your doctor if you should get the Moderna vaccine. Your doctor will help you decide if it is safe for you to get the Moderna vaccine.

Side effects and safety information

Most common side effects

In the arm where you got the shot:

- Pain
- Swelling
- Redness

Throughout the rest of your body:

Chills

- Tiredness
- Headache

These side effects usually start within a day or two of getting the vaccine. They might feel like flu symptoms and might even affect your ability to do daily activities, but they should go away in a few days. Get tips on what to expect after getting vaccinated.

Last Updated Dec. 23, 2020

Content source: <u>National Center for Immunization and Respiratory Diseases (NCIRD)</u>, <u>Division of Viral</u>
Diseases

For more information you can go on the CDC website: https://www.cdc.gov/coronavirus/2019-nCoV/index.html

What is Contact tracing? the process of attempting to identify people who have recently been in contact with someone diagnosed with an infectious disease, especially in order to treat or quarantine them.0000

A Contact Tracer is responsible for reaching out to people (contacts) who have been exposed to COVID-19 and providing health education and guidance to interrupt ongoing disease transmission. Dialogue with contacts will be guided by standard protocols to obtain any symptom history and other relevant health information, provide instructions for self-quarantine, and make appropriate referrals to testing, clinical services, and other essential support services. This position will require prioritization, prompt action, and attention to detail in documentation and data management as multiple investigations will be conducted simultaneously. Contract tracers are required to follow all designated scripts and comply with policies and procedures provided by the health department regarding confidentiality and data security for the handling of sensitive client information and protected health information.

Initiate prompt communication with people exposed to COVID-19 (contacts) through text, phone calls, email, and other communication platforms, as necessary. Every effort should be made to communicate with the contact telephone or video conference instead of in-person. For in-person interviews, guidance on recommended infection prevention and control practices at a home or non-home residential setting can be found on.

- Obtain and document relevant information, including contact demographics, underlying medical conditions, and other risk factors.
- Provide approved information and guidance on quarantine procedures and what to do if symptoms develop. Coordinate referrals for testing, healthcare, and other supportive services, as needed, per local protocols.

Assess contact's ability to quarantine at home safely and effectively, with adequate water, food, and other necessities. Identify barriers to necessary interventions and facilitate appropriate referrals, per local protocols. Collaborate with key service providers to transfer client information and ensure expedited initiation of appropriate medical or social support services, per local protocols.

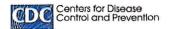
Document pertinent information in COVID-19 contact tracing forms, and conduct data entry into health department data/surveillance systems while adhering to protocols for completeness, timeliness, and frequency.

- Collaborate and coordinate with the Covid 19 team. Will inform the team when attempts to communicate with a contact are unsuccessful. Elevate complex situations to Covid 19 team for further guidance.
- Maintain patient confidentiality and ensure that all information is collected in concordance with local data privacy and confidentiality standards.

1st level contact is having contact/exposure with someone more than 15 minutes with no mask, less than 6 feet away and with a positive test result of Covid.

Contact tracing for the tribe is only done on first level contact with exposed individual(s). What is asked by Team member tracer may be the following questions.

- For COVID-19, a <u>close contact</u> is anyone who is within 6 feet of an infected person for a total
 of 15 minutes. An infected person can spread COVID-19 starting from 48 hours (or 2 days)
 before the person has any symptoms or tests positive for SARS-Cov-2, the virus that causes
 COVID-19. Questions on your health and risk factors will be asked and explained to you.
- Stay at home away from others and self-quarantine for 14 days after you were last around someone with COVID-19. CHR health department/Covid Team will help identify the dates of your self-quarantine. They can also provide resources about COVID-19 testing in your area.
 - Self-quarantine means staying home, monitoring your health, and maintaining social distancing (at least 6 feet) from others at all times.
 - If you need to be around other people or animals in or outside of the home, wear a mask. This will help protect the people around you.
 - If you need support or assistance with self-quarantine, Covid Team may be able to provide assistance.
 - Self-quarantine helps slow the spread of COVID-19 and can help keep your family, friends, and other people you have been around from possibly getting COVID-19.
 - The best way to protect yourself and others is to stay home for 14 days if you think you've been exposed to someone who has COVID-19.
- Take your temperature twice a day temperature log will be given, monitor yourself for any <u>symptoms</u> of COVID-19, and notify your CHR health department & Covid Team members if you develop symptoms, then call clinic or hospital for what you should do. Seek medical care if symptoms worsen or become <u>severe</u>. Call 911 and let them know you positive for Covid or have been exposed to a positive case and now symptoms are getting worse. This helps and lets them know when they arrive on how to provide the proper care for you.
- Your name will not be shared with those you came in <u>contact</u> with, even if they ask. The CHR health department/Covid Team will only notify people you were recently around that they might have been exposed to COVID-19.



CASES ARE RISING.









COVID-19



Facts about COVID-19 Vaccines

Updated Dec. 20, 2020



Now that there are authorized and recommended COVID-19 vaccines in the United States, accurate vaccine information is critical.

FACT: COVID-19 vaccines will not give you COVID-19

None of the COVID-19 vaccines currently in development or in use in the United States, contain the live virus that causes COVID-19. There are several different types of vaccines in development. However, the goal for each of them is to teach our immune systems how to recognize and fight the virus that causes COVID-19. Sometimes this process can cause symptoms, such as fever. These symptoms are normal and are a sign that the body is building immunity. Learn more about how COVID-19 vaccines work.

It typically takes a few weeks for the body to build immunity after vaccination. That means it's possible a person could be infected with the virus that causes COVID-19 just before or just after vaccination and get sick. This is because the vaccine has not had enough time to provide protection.

FACT: COVID-19 vaccines will not cause you to test positive on COVID-19 viral tests

Neither the recently authorized and recommended vaccines nor the other COVID-19 vaccines currently in clinical trials in the United States cause you to test positive on viral tests, which are used to see if you have a current infection.

If your body develops an immune response, which is the goal of vaccination, there is a possibility you may test positive on some antibody tests. Antibody tests indicate you had a **previous infection** and that you may have some level of protection against the virus. Experts are currently looking at how COVID-19 vaccination may affect antibody testing results.

FACT: People who have gotten sick with COVID-19 may still benefit from getting vaccinated

Due to the severe health risks associated with COVID-19 and the fact that re-infection with COVID-19 is possible, people may be advised to get a COVID-19 vaccine even if they have been sick with COVID-19 before.

At this time, experts do not know how long someone is protected from getting sick again after recovering from COVID-19. The immunity someone gains from having an infection, called natural immunity, varies from person to person. Some early evidence suggests natural immunity may not last very long.

We won't know how long immunity produced by vaccination lasts until we have a vaccine and more data on how well it works.

Both natural immunity and vaccine-induced immunity are important aspects of COVID-19 that experts are trying to learn more about, and CDC will keep the public informed as new evidence becomes available.

FACT: Getting vaccinated can help prevent getting sick with COVID-19

While many people with COVID-19 have only a mild illness, others may get a severe illness or they may even die. There is no way to know how COVID-19 will affect you, even if you are not at increased risk of severe complications. If you get sick, you also may spread the disease to friends, family, and others around you while you are sick. COVID-19 vaccination helps protect you by creating an antibody response without having to experience sickness. Learn more about how COVID-19 vaccines work.

FACT: Receiving an mRNA vaccine will not alter your DNA

mRNA stands for messenger ribonucleic acid and can most easily be described as instructions for how to make a protein or even just a piece of a protein. mRNA is not able to alter or modify a person's genetic makeup (DNA). The mRNA from a COVID-19 vaccine never enter the nucleus of the cell, which is where our DNA are kept. This means the mRNA does not affect or interact with our DNA in any way. Instead, COVID-19 vaccines that use mRNA work with the body's natural defenses to safely develop protection (immunity) to disease. Learn more about how COVID-19 mRNA vaccines work.

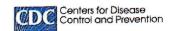
How do I know which sources of COVID-19 vaccine information are accurate? It can be difficult to know which sources of information you can trust. Learn more about finding credible vaccine information.

Last Updated Dec. 20, 2020

CDC Reminder for cloth masks:

Mask use does not cause bacterial infection. Still, you should wash your mask at least daily:

- Include your mask with your regular laundry.
- Use regular laundry detergent.
- Use the appropriate settings for the fabric.
- Dry your mask in the dryer or air dry in direct sunlight.



COVID-19













WEAR A MASK

STAY 6 FEET APART

AVOID CROWDS

New Variant of Virus that Causes COVID-19 Detected

Updated Dec. 22, 2020



Since November 2020, the United Kingdom (UK) has reported a rapid increase in COVID-19 cases in London and southeast England. This rapid increase in cases has been linked to a different version—or variant—of the virus that causes COVID-19 (SARS-CoV-2). Public health professionals in the UK are evaluating the characteristics of this new variant.

What we know

Viruses constantly change through mutation, and new variants of a virus are expected to occur over time. Sometimes new variants emerge and disappear. Other times, new variants emerge and start infecting people. Multiple variants of the virus that causes COVID-19 have been documented in the United States and globally during this pandemic.

The virus that causes COVID-19 is a type of coronavirus, a large family of viruses. Coronaviruses are named for the crown-like spikes on their surfaces. Scientists monitor changes in the virus, including changes to the spikes on the surface of the virus. These studies, including genetic analyses of the virus, are helping us understand how changes to the virus might affect how it spreads and what happens to people who are infected with it.

Recent reports indicate that about 6 in 10 cases reported in London are caused by the new variant. Genetic analysis of the new variant shows changes to the spikes on the virus and to other parts of the virus. Initial studies suggest that the new variant may spread more easily from person to person. So far, scientists in the UK see no evidence that infections by this variant cause more severe disease.

What we do not know

It is still very early in the identification of this variant, so we have a great deal to learn. More studies on the new variant are needed to understand

- How widely the new variant has spread in the UK and potentially around the world
- How the new variant differs from earlier variants
- How the disease caused by this variant differs from the disease caused by other variants that are currently circulating

What it means

Public health officials are quickly studying the new variant to learn more so that they can control its spread. They want to understand whether the new variant

- Spreads more easily from person to person
- Causes milder or more severe disease in people
- Is detected by currently available viral tests
- Responds to medicines currently being used to treat people for COVID-19

Affects the effectiveness of COVID-19 vaccines. There is no evidence that this is occurring, and most experts believe this
is unlikely to occur because of the nature of the virus.

Some countries have announced travel bans to and from the UK while scientists work to better understand the new variant.

What CDC is doing

CDC is monitoring the situation in the UK and communicating with the European Centre for Disease Prevention and Control. CDC and state and local health departments are continually monitoring and studying the virus spreading in the United States to quickly detect any changes. As new information becomes available, CDC will provide updates.

More Information

Scientific Brief: Implications of the Emerging SARS-CoV-2 Variant 202012/01

Last Updated Dec. 22, 2020

3 Key Steps to Take While Waiting for Your COVID-19 Test Result

To help stop the spread of COVID-19, take these 3 key steps NOW while waiting for your test results:

Stay home and monitor your health.

Stay home and monitor your health to help protect your friends, family, and others from possibly getting COVID-19 from you.

Stay home and away from others:

 If possible, stay away from others, especially people who are at higher risk for getting very sick from COVID-19, such as older adults and people with other medical conditions.



- If you have been in <u>contact</u> with someone with COVID-19, stay home and away from others for 14 days after your last <u>contact</u> with that person. Follow the recommendations of your local public health department if you need to quarantine.
- If you have a fever, cough or other symptoms of COVID-19, stay home and away from others (except to get medical care).

Monitor your health:

 Watch for fever, cough, shortness of breath, or other symptoms of COVID-19.
 Remember, symptoms may appear 2-14 days after exposure to COVID-19 and can include:



- · Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Tiredness
- Muscle or body aches
- Headache

- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- · Nausea or vomiting
- Diarrhea

Think about the people you have recently been around.

If you are diagnosed with COVID-19, a public health worker may call you to check on your health, discuss who you have been around, and ask where you spent time while you may have been able to spread COVID-19 to others. While you wait for your COVID-19 test result, think about everyone you have been around recently. This will be important information to give health workers if your test is positive.

Complete the information on the back of this page to help you remember everyone you have been around.

Answer the phone call from the health department.

If a public health worker calls you, answer the call to help slow the spread of COVID-19 in your community.



- Discussions with health department staff are confidential. This means that your personal and medical information will be kept private and only shared with those who may need to know, like your health care provider.
- Your name will not be shared with those you came in <u>contact</u> with. The health department will only notify people you were in close <u>contact</u> with (within 6 feet for more than 15 minutes) that they might have been exposed to COVID-19.



Think About The People You Have Recently Been Around

If you test positive and are diagnosed with COVID-19, someone from the health department may call to check-in on your health, discuss who you have been around, and ask where you spent time while you may have been able to spread COVID-19 to others. This form can help you think about people you have recently been around so you will be ready if a public health worker calls you.

Things to think about. Have you:

- · Gone to work or school?
- Gotten together with others (eaten out at a restaurant, gone out for drinks, exercised with others or gone to a gym, had friends or family over to your house, volunteered, gone to a party, pool, or park)?
- · Gone to a store in person (e.g., grocery store, mall)?
- Gone to in-person appointments (e.g., salon, barber, doctor's or dentist's office)?
- Ridden in a car with others (e.g., Uber or Lyft) or taken public transportation?
- Been inside a church, synagogue, mosque or other places of worship?



Who lives with you?

Who have you been around (less than 6 feet for a total of 15 minutes or more) in the last 10 days? (You may have more people to list than the space provided. If so, write on the front of this sheet or a separate piece of paper.)

Name Phone Number Date you last saw them Where you last saw them

What have you done in the last 10 days with other people?

Activity	Location	Date